

HERITAGE CENTER

2018

Recreation for 55+

January

From the Director's Desk

I hope everyone had a wonderful Christmas and New Year's. I would like to take a moment to **THANK** Murray City Mayor's Office and City Departments for their continued support of the Heritage Center. I always appreciate the love and kindness that is shown us. Murray City is truly "a city without equal!"

We have been adding more classes on Monday and have decided to offer a **LITE LUNCH** on **Mondays** from **11:00** until **12:30**. There will be no main entrée; however, you may request a made-to-order sandwich or salad or order the soup of the day. The cost range will be **\$2** to **\$4** per item. Chips, fruit, or dessert are 50¢.

Each year we have a **FIRE AND POLICE APPRECIATION WEEK** in February where we invite our Murray firefighters and police officers to enjoy a lunch with our participants. Please mark your calendars for **Tuesday, February 6, Wednesday, February 7, and Friday, February 9**, when the Fire and Police are invited to lunch. The cost of the lunch for one of our public servants is \$5. We are asking our participants to donate what they can as a "thank you" for the services provided by the Fire and Police. Last year, we met our goal of \$400.

2018 Center Closures

Monday, January 1	New Years Day
Monday, January 15	Martin Luther King, Jr.
Monday, February 19	President's Day
Monday, May 28	Memorial Day
Wednesday, July 4	Independence Day
Tuesday, July 24	Pioneer Day
Monday, September 3	Labor Day
Monday, November 12	Veterans Day
Thursday, November 22	Thanksgiving
Friday, November 23	Thanksgiving
Tuesday, December 25	Christmas Day

2018 Special Events

Tuesday, February 13	Mardi Gras
Friday, March 16	St. Patrick's
Tuesday, April 17	Fraud Symposium
Monday, May 7	Mother's Day Tea
Monday, June 11	Summer Kick-off
Monday, September 10	Open House
Thursday, September 20	Dinner Dance
Wednesday, October 17	Oktoberfest
Monday, November 5	Veterans Brunch
Wednesday, November 14	Thanksgiving Meal
Friday, December 7	Holiday Boutique

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Murray Heritage Center



#10 East 6150 South
Murray, UT 84107

801-264-2635

heritage@murray.utah.gov
murray.utah.gov/140/Heritage-Center
Director: Tricia Cooke

Monday – Friday

8:00 – 4:30

Thursday

8:00 – 9:30

Saturday – Sunday

Closed

Murray City Administration

Mayor Blair Camp
 Parks and Recreation Director: Kim Sorensen
 City Council:
 Dave Nicponski, District 1
 Dale Cox, District 2
 Jim Brass, District 3
 Diane Turner, District 4
 Brett Hales, District 5

Heritage Center Staff

Director	Tricia Cooke
Programming	Maureen Gallagher
	Wayne Oberg
Secretary	April Callaway
Receptionist	Miranda Carter
Ceramics	Cindy Mangone
Meals Supervisor	Scott Harris
Meals Assistant	Chris Miller
Dishwasher	Annie Gardner
Custodian	Don Smith
Volunteer Drivers	Jerry Budd
	Chuck Dillard
	Sonny Jckowski
	Tom Thompson
Building Attendant	Pete Wright

Heritage Center Advisory Board

Erich Mille (Chair)	Brenda Clausen
Connie Gardner	Ed Houston
Jenny Martin	Pete Wright
Rod Young	

Heritage Senior Adults, Inc.

DONATIONS made to the Heritage Center go to the Heritage Senior Adults, Inc. which is a 501(c)3 and funds a scholarship program for our seniors.

Pick up your 20% senior discount punch card (60+) at the Front Desk for use at any **CHUCK-A-RAMA** restaurant. The cost is \$1 and Chuck-A-Rama gives the Heritage Center all the proceeds from sale of the cards.

Every time you swipe your rewards card at Smith's, the Heritage Center will earn money through **SMITH'S INSPIRING DONATIONS**, but only if you link your rewards card to us.

Add a tile to the **WALL OF SUPPORT** in the Heritage Center courtyard. Messages can be 3 lines with up to 20 characters per line. The tiles are 4"x 8"x 2½" (\$125) or 8"x 8"x 2½" (\$250) and are engraved using state of the art laser technology. This ensures strength and durability for a lifetime.

The **SCHOLARSHIP** provides up to \$70 per month for one year to an individual to help pay for activities at the Heritage Center. Applications are available at the Front Desk or on our website.

Miscellaneous Information

Our monthly **NEWSLETTER** is emailed to those who have a current participant account and have provided us with their email address. It is also available for pick-up at the Heritage Center, online at www.murray.utah.gov, or mailed to your home for a \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the Heritage Center and the suggested donation is \$1 per issue. *Previous newsletters are archived online.*

Ask at the Front Desk for a copy of our **CANCELLATION POLICY**. In general, for classes or services the policy is one working day, for trips or special events it is five working days, and for overnight trips it is five weeks to receive a full refund.

The Heritage Center accepts all major **CREDIT CARDS** for activity payments made over the phone or in person. All charges made will show from "Murray City" on your credit card statement.

Inquire at the Front Desk if you need **SPECIAL ACCOMMODATIONS** to participate in activities at the Heritage Center. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

The Heritage Center and Murray City assume **NO LIABILITY** nor take any responsibility for the products and/or services offered through the newsletter as advertising or classified ads. In addition, copy accepted for publication does not involve or imply endorsement on our part.

KidsEat! Fundraiser

The Heritage Center is asking our seniors to participate in a **FOOD GIFTING** fundraiser for KidsEat! There are bins in the Lobby where everyone can help by donating what you can from the selected list of foods they need.

To learn more about KidsEat! visit their website at www.kidseatutah.org.

Foods: Applesauce Cups, BelVita Bars, Chili, Crackers (Graham, Ritz, Saltine), Lasagna, Mac and Cheese, Peanut Butter (8 ounce jars), Individual Oatmeal, Pudding Cups (Non-Refrigerated), Soup, SpaghettiOs, Trail Mix, Tuna, and Vienna Sausage.

Avoid: Beans, Chips, Cookies, Top Ramen, Glass, Expired Foods

Cooking Classes

Join our chef, Scott, and learn the fun facts and history of ingredients as we cook our meals. **COOKING CLASSES** will be held **Tuesday** and **Thursday** at **3:00-4:00**. The cost is **\$10** per class. Class size is limited to five so the same information will be provided on both days. Take dinner and the recipe home! [Register now.](#)

Heart Healthy: January 9 and January 11
Healthy for 2: January 16 and January 18
Diabetes: January 23 and January 25
On a Budget: January 30 and February 1

Senior Oral Health

On **Wednesday, January 10** at **10:30**, Dr. Tyler Williams will discuss six simple solutions to better **ORAL HEALTH** (and your wallet's health) in this wonderful presentation. From brushing basics to financial tips, Dr. Williams has helpful hints and tips for you. This is a **free** class. [Register now.](#)

AARP Smart Driving Class

AARP teaches a **SMART DRIVING** class on the fourth Tuesday each month. The next class will be on **Tuesday, January 23** at **9:30-2:30**. [Register now.](#)

The cost is **\$15** for AARP members and **\$20** for everyone else. The instructor will collect the fee. Make checks out to AARP and pay the day of class. They do not take credit cards. Bring your AARP membership card and valid driver's license.

Check with your auto insurance company about a possible insurance discount for attending this class.

Social Security 101

On **Tuesday, January 30** at **10:30**, Darren Hotton, Program Director from Utah Division of Aging and Adult Services, will present **SOCIAL SECURITY 101**. You may be turning 65 this year and have a lot of questions about Social Security. This class will discuss how you become eligible, the different types of benefits, how to use the online services, and time for questions and answers. This is a **free** class. [Register now.](#)

Vital Aging

Rhonda from the **VITAL AGING** project will be available at 10:00 prior to the 10:30 class if anyone would like to visit with her regarding any personal problems or issues you may be having in your life.

On **Tuesday, January 23** at **10:30**, Rhonda will present a new wellness class called **Reminiscing My Life Story**. The process of thinking back on our life and then communicating with others about those experiences is called a 'life review.' As we age, we want to know and pass on how we have touched others' lives and understand how others have touched ours. As a part of this class, we will reminisce about our past and reflect on present experiences to help us put our lives into perspective. This is a **free** class. [Register now.](#)

Dance Lessons: American Smooth Ballroom

The Heritage Center is offering a five-session **DANCE LESSON WORKSHOP** beginning **Monday, February 5** at **1:00-2:00**. Dates: February 5 and 12, March 5, 12, and 19.

Kyle and Jackie Kidd will be teaching beginning and intermediate level waltz, foxtrot, and single-step swing. Classes are for beginning level dancers; no prior experience required. This is a **free** class. [Register now.](#)

6th Annual Storytelling Workshop

The Center is pleased to bring back the **STORYTELLING WORKSHOP** in February. The Murray City Cultural Arts Department sponsors this workshop. It will be starting on **Friday, February 23** at **10:00-12:00**. This six-week workshop will run every **Monday** and **Friday** until Friday, March 30. It is a fun way to get back in touch with stories you remember from earlier days. The first workshop will be an introduction to storytelling and what you may expect from this workshop. This is a **free** workshop. [Register now.](#)

Painting Classes

John Fackrell's **WATERCOLOR** class will begin a new six-week series on **Monday, January 8** through **Monday, February 26** at **9:00-12:00**. Cost is **\$33**. Registration begins on Wednesday, December 27.

John and Joan Fackrell's **ART APPRECIATION** class will begin a new six-week series on **Monday, January 8** through **Monday, February 26** at **1:00-3:30**. Cost is **\$33**. Registration begins on Wednesday, December 27.

Sandi Olson's **PAINTING** class will begin a new eight-week series on **Wednesday, January 24** through **Wednesday, March 14** at **9:00-12:00**. Cost is **\$40**. Registration begins on Tuesday, January 2.

Crafts

Cindy Mangone's **CERAMICS** class is held at **8:30-12:00** every **Tuesday** and **Thursday**. Cindy can provide help for students of all experience levels. The cost to participate is **\$1.50** each class plus cost of supplies. Supplies and equipment are available to produce knickknacks, works of art, and functional pieces such as plates and bowls.

A small group of **CRAFTERS** meet on **Tuesday** at **12:45-4:00** to share their skills, knowledge, and socialize. Newcomers are welcome. Bring your ideas and projects to share.

In **CRAFTING WITH SUSAN**, the project for **Tuesday, January 9** will be a cute valentine door hanger. See the sample in the lobby display case. The cost is **\$5** and all supplies are included. Class is at **2:00**. Register now.

Computer Lab

The **COMPUTER LAB** has six personal computers running Microsoft Windows 10. Computers are available anytime a group class is not being held.

The Heritage Center also has an iPad available for use while at the Center if you would like to try out a tablet.

There is no charge to use the computers, but users must sign in and list the computer they are using. Any printing costs **5¢** per page (pay at the Front Desk or in the cash box located in the Computer Lab).

Computer Classes

Bob Beaudoin has one-hour **INDIVIDUAL HELP** appointments on Tuesday at 1:00, 2:00, and 3:00. Bob can assist with computer or device help (except Apple products). Cost is **\$3**. Registration and payment needed in advance.

Glen Siam's **GENEALOGY** class will begin a new five-week series on **Wednesday, January 24** through **Wednesday, February 21** at **12:30-1:30**. This is a **FREE** class. Space is limited to five participants. Register now.

Katy Coombs has one-hour **INDIVIDUAL HELP** appointments on Thursday at 2:00 and 3:00. Katy can assist with computer or device help. Cost is **\$3**. Registration and payment needed in advance.

Sandy's Current Events Discussion Group

The Sandy Senior Center, located at 9310 South 1300 East, offers a discussion group focusing on current events and issues of local importance. These groups are open to anyone and are held every other Friday at 10:00. Upcoming discussion topics:

Wednesday, January 10 (11:00)

SENIOR VOICES – This special discussion group will replace the Senior Day at the Legislature and will be focused on sharing information about the legislative process, advocacy, and proposed legislation affecting seniors.

Friday, January 12

CRITICAL THINKING – Thomas L. Zane will lead the discussion as we explore critical thinking skills in this interactive session and learn how to avoid the traps of automatic thinking.

Friday, January 26

OPEN FORUM – Do you have any “critical thinking” issues you want to bring to the table?

For more information, contact the Sandy Senior Center at 385-468-3410.

Birthday Wednesday

Celebrate your **BIRTHDAY** on the first **WEDNESDAY** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, or 100 this month—just tell the lunch cashier you've hit a decade! There is free cake and ice cream for everyone to enjoy, too.

Brunch Café

We will be offering our Brunch Café on **Tuesday, January 9** from **11:00-12:30**. You may choose a complete meal or pick a la carte from the menu. One beverage (milk, juice, or coffee) is complimentary with your order.

You will meet the cashier in the dining room to fill out your order form and pay. Next, take a seat and a server will bring your order to you once it is ready.

Please come and enjoy! The brunch is in lieu of lunch so be sure to come early!

Mardi Gras Celebration

Join us on **Tuesday, February 13** at **11:00** as we transform the Heritage Center into downtown New Orleans and celebrate the final day of the Carnival season—**MARDI GRAS**, French for "Fat Tuesday."

A special Cajun meal will be served, including King Cake, while listening to the jazzy sounds of the *Riverton Jazz Band*. Masks will be available for purchase before the celebration or you can bring your own. We'll toss beads and a few lucky participants who find the "baby" in their King Cake will win a prize!

The cost for this fun event will be **\$8** for reserved seats. Purchase one seat or an entire table (eight seats). Registration begins Wednesday, January 10.

A special thank you to Jenkins-Soffe Mortuary for helping to sponsor this event.

Winter Boutique and Service Project — Thank You!!

The 2017 Winter Boutique was a great success! We would like to **THANK** all of our vendors, the kitchen for creating such a beautiful buffet, our entertainment – The New Fiddlers (Terry McClelland), and all of our volunteers: Betty Rodgers, Vickie Mower, Rod Young, Jerry Budd, Petrea Marty, Jean Roestenburg, Gil and Sherry Avellar, and Michael Searle.

We also want to thank all who donated items to the Winter Boutique. It takes many volunteers to produce such a successful day. The Center thanks everyone for donating your time, goods, and great spirit.

If you would like to become a volunteer in 2018, please stop at the front desk and ask for information. It's a great way to get to know more people, be more involved in the Center, and a perfect way to start off the New Year.

We also want to thank those who donated yarn and made hats for the Midvale Road Home Shelter.

Thanks for supporting the KidsEat! Program, your generous donations are greatly appreciated.

December Quilt Raffles

On Friday, December 8 we raffled a beautiful red **AFGHAN** donated by Shirley Rehling. We raised about \$75 for the bingo program. Margaret Jacobs was the lucky winner!

On Friday, December 22 we will raffle a gorgeous pieced **QUILT** that was hand-quilted and donated to us by the Intermountain Medical Center Quilters. We will announce the winner in our February newsletter.

Readers Theater

The **READERS THEATER** troupe meets **Thursday** at **3:00-4:00**. The troupe is not meeting in January. If you are interested, their first meeting for 2018 will be on **Thursday, February 1** at **3:00**. If you would like to participate, please come and join the fun.

The troupe will occasionally perform their new plays at 12:30 between lunch and bingo on Fridays.



Monthly Calendar

2018

Murray Heritage Center

#10 East 6150 South
Murray, UT 84107

801-264-2635

heritage@murray.utah.gov
murray.utah.gov/140/Heritage-Center
Director: Tricia Cooke

Monday – Friday

8:00 – 4:30

Thursday

8:00 – 9:30

Saturday – Sunday

Closed

MONDAY	TUESDAY
<p>1</p>  <p>HERITAGE CENTER CLOSED</p>	<p>2</p> <p>8:30 Ceramics 9:00 Stretch and Tone 9:30 Line Dance 10:30 Tai Chi 11:00 Canasta 11:30 Lunch 12:45 Crafters 1:00 Computer Help 2:00 Beginning Line Dance</p>
<p>8</p> <p>9:00 NIA 9:00 Watercolor 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 11:00 Lite Lunch 12:30 Balance Class 1:00 Art Appreciation 1:00 Movie: Miss Congeniality 2:00 Strength Conditioning</p>	<p>9</p> <p>8:30 Ceramics 9:00 Stretch and Tone 9:30 Line Dance 10:30 Tai Chi 11:00 Canasta / 11:00 Brunch Café 12:45 Crafters 1:00 Computer Help 1:30 Legal Consultation 2:00 Beginning Line Dance 2:00 Crafting with Susan 3:00 Cooking Class: Heart Healthy</p>
<p>15</p>  <p>HERITAGE CENTER CLOSED</p>	<p>16</p> <p>8:30 Ceramics 9:00 Stretch and Tone 9:30 Line Dance 10:30 Tai Chi 11:00 Canasta 11:30 Lunch 12:00 Medicare Counseling 12:45 Crafters 1:00 NO Computer Help 2:00 Beginning Line Dance 3:00 Cooking Class: Healthy for 2</p>
<p>22</p> <p>9:00 NIA 9:00 Watercolor 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 11:00 Lite Lunch 12:30 Balance Class 12:30 Personal Training 1:00 Art Appreciation 1:00 Movie: The Proposal 2:00 Strength Conditioning</p>	<p>23</p> <p>8:30 Ceramics 9:00 Stretch and Tone 9:30 Line Dance 9:30 AARP Smart Driving 10:30 Tai Chi / Vital Aging 11:00 Canasta 11:30 Lunch 12:45 Crafters 1:00 Computer Help 2:00 Beginning Line Dance 3:00 Cooking Class: Diabetes</p>
<p>29</p> <p>9:00 NIA / Watercolor 9:30 Hardware Ranch 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 11:00 Lite Lunch 12:30 Balance Class 12:30 Personal Training 1:00 Art Appreciation 1:00 Movie: Bucket List 2:00 Strength Conditioning</p>	<p>30</p> <p>8:30 Ceramics 9:00 Stretch and Tone 9:30 Line Dance 10:30 Tai Chi 10:30 Social Security 101 11:00 Canasta 11:30 Lunch 12:45 Crafters 1:00 NO Computer Help 2:00 Beginning Line Dance 3:00 Cooking Class: On a Budget</p>

WEDNESDAY	THURSDAY	FRIDAY
9:00 Painting 9:00 NO Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 11:15 Chair Aerobics 11:30 Birthday Wednesday Lunch 12:45 Bingo 1:00 Bridge	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:30 Tai Chi 11:30 Lunch 11:45 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance	9:00 Zumba 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:30 Balance Class 12:45 Bingo 1:00 Bridge
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga / Transportation 10:30 Senior Oral Health 11:15 Chair Aerobics 11:30 Lunch 12:45 Bingo 1:00 Bridge	8:00 Pickleball Instruction 8:30 Wendover 8:30 Ceramics 9:00 Pickleball 10:30 Tai Chi 11:30 Lunch 11:45 Massage / 1:00 Game Day 2:00 Computer Help 2:00 Strength Conditioning 3:00 Cooking Class: Heart Healthy 7:00 Evening Social Dance	9:00 Zumba 9:00 Kingsbury Hall 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:30 Balance Class 12:45 Bingo 1:00 Bridge
9:00 Painting 9:00 Haircuts 9:00 Tooele Breakfast Trip 9:15 Pinochle 10:00 Yoga 10:00 NO Transportation 11:15 Chair Aerobics 11:30 Lunch 12:45 Bingo 1:00 Bridge	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:30 Tai Chi 11:30 Lunch 11:45 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Cooking Class: Healthy for 2 7:00 Evening Social Dance	9:00 Zumba 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:30 Balance Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy 12:45 Bingo 1:00 Bridge	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:00 LDS Museum / 10:30 Tai Chi 11:30 Lunch 11:45 Massage 1:00 Game Day 2:00 Computer Help 2:00 Strength Conditioning 3:00 Cooking Class: Diabetes 7:00 Evening Social Dance	9:00 Zumba 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:30 Balance Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy 12:45 Bingo 1:00 Bridge		

Cards

Informal **BRIDGE LESSONS** (Chicago/Party) are held on **Monday** at **11:00**.

BRIDGE play is on **Wednesday** and **Friday** at **1:00-4:00**. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three-handed bridge will be played.

CANASTA is played on **Tuesday** at **11:00-2:30** with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

PINOCHLE tournaments are held on **Wednesday** at **9:15**. Players must check in no later than 9:00. No advance sign-up is required. The cost is **\$2** and is paid at check in.

Line Dance

Enjoy some great exercise, stimulate your brain, and meet with friends. **LINE DANCING** is held on **Tuesday** at **9:30** for all dancers and **Tuesday** at **2:00** for beginners. The cost is **\$2** and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog.

Bingo

BINGO is played every **Wednesday** and **Friday** at **12:45**. Bingo is free, although donations are appreciated. Winners receive a \$5 gift certificate to Macey's or Village Inn Restaurant.

A special **THANK YOU** to **Village Inn** for donating a pie each week for the elimination game and to **Jenkins-Soffe** for sponsoring bingo on the first Friday of each month.

In order to offer the same quality prizes and games of bingo; we are suggesting the following donation amounts: **\$1** for 1-3 cards played; **\$2** for 4-6 cards played.

Game Day

Come join in on **GAME DAY** on **Thursday, January 11** and **Thursday, January 25** at **1:00**. We will have fun playing games like Mexican Train, Rummikub, Dominos, and other board games. We also have Wii games available.

Monday Movie

Join us on **Monday** at **1:00** for a **free MOVIE** and popcorn!



MISS CONGENIALITY

Monday, January 8
2000 / 110 minutes
Comedy



THE PROPOSAL

Monday, January 22
2009 / 108 minutes
Romantic Comedy



BUCKET LIST

Monday, January 29
2007 / 97 minutes
Comedy Drama

CENTER CLOSED

Monday, January 1 and 15

NO MOVIES

Evening Social Dance

DANCE to the musical genius of Tony Summerhays each **Thursday night** at **7:00-9:30 pm**. Cost for this activity is **\$5** per person. Light refreshments are served during the break and door prizes are given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. Last month our sponsors were Village Inn Murray, Village Inn West Jordan, Chuck-A-Rama, Rescue Alert, Jean Roestenburg, and Tony Summerhays.

Pool Hall

Pool tables are available for your recreational enjoyment during the Heritage Center's hours of operation. The equipment is located in the **POOL HALL** at the east end of the building.

Haircuts

Jocelyn Anderson provides **HAIRCUTS** for men and women on **Wednesdays** from **9:00** to **11:30**. Haircuts cost **\$9**. Hair washing is an additional **\$4**. The wash is paid the day of your cut at the front desk. Appointments are every 15 minutes. Payment is required at time of scheduling. Cancellations need to be made 24 hours in advance for a refund.

Massage

Joanne Payne provides **MASSAGE** on **Thursdays** from **11:45** to **3:45**. Cost is **\$18** for a half-hour or **\$36** for an hour. Payment is required at time of scheduling. Cancellations need to be made 24 hours in advance for a refund.

Toenail Clipping

Dr. Scott Shelton provides **TOENAIL CLIPPING** every other month. The next scheduled toenail clipping will be on **Thursday, February 22** from **9:30** to **12:00**. The cost is **\$11**. **Toenail scheduling will begin Thursday, January 25.** Payment is required at time of scheduling.

The doctor is unable to provide toenail clipping services for people who are diabetic or on anti-clotting agents such as Coumadin.

Transportation

TRANSPORTATION to and from the Heritage Center is available for Murray residents on **Wednesday**. The cost is **\$2** for a round-trip ride. Pick-up is between **10:00-10:45** and the return home is around **2:30** after bingo. If you need a ride, call at least one day in advance to sign up.

H.E.A.T. – Home Energy Assistance

A professional from H.E.A.T. will be at the Heritage Center in February to help people complete their application for **H.E.A.T. ASSISTANCE**. More information will be provided in our February newsletter.

Legal Consultation

An attorney is available for a 20-minute **LEGAL CONSULTATION** at no charge the second Tuesday each month. Kyle Barrick will be here on **Tuesday, January 9** from **1:30** to **3:30**. Advance appointments are required.

Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or refer you to other sources for help, but they will not solicit your business. This is a **free** service.

Medicare Counseling

Need help with **MEDICARE** or supplement issues? Sign up now for individualized help on **Tuesday, January 16** from **12:00** to **2:00**. Advance appointments are required. Bring documents related to your questions and a volunteer from Salt Lake County Aging and Adult Services Senior Health Insurance Program (SHIP) will help you. The volunteer comes the third Tuesday each month. This is a **free** service.

AARP Tax Assistance

Volunteers from AARP will be providing free **TAX CONSULTATIONS** and preparation for tax payers with middle and low income, with special attention to those ages 60 and over.

This free and confidential service will be available each **Wednesday afternoons** starting **February 7** through **April 11**. Appointments are required and we will open up the complete schedule for reservations on Wednesday, January 31.

By letting you pick a date between February 7 and April 11, we hope this will help in scheduling appointments. Please remember your appointment date and then make sure you cancel in advance if you are not able to attend. This is an extremely popular service and we hate to have the tax volunteers left with empty spots from cancellations and no-shows.

VITA (Volunteer Income Tax Assistance) volunteers will be available on **Thursday** evenings. Appointments are encouraged. Please call 211 to schedule an appointment.

Exercise Classes

NIA

Monday 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

STRENGTH CONDITIONING

Monday and Thursday 2:00-3:00

Build muscular strength and endurance, increase your balance, and improve flexibility.

STRETCH AND TONE

Tuesday 9:00-10:00

Stretching increases flexibility, improves balance, and helps with range of motion.

TAI CHI

Tuesday and Thursday 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity.

YOGA

Wednesday and Friday 10:00-11:00

An ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit.

ZUMBA

Friday 9:00-10:00

Involves dance and aerobic movements performed to energetic music.

CHAIR AEROBICS (25¢)

Wednesday and Friday
11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.

Exercise Class Fees

- \$3 for each class
- \$30 punch pass with 10 punches (no expiration)
- \$10 or \$15 monthly fee
- \$30 monthly Total Fitness Pass (includes all exercise classes and use of the exercise room)
- Class fees are **not included** in Silver Sneaker or Silver & Fit benefit

Exercise Room

The **EXERCISE ROOM** is open for daily use and contains a treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is \$1 per day, \$5 for the month, or free if you have Silver Sneakers, Silver & Fit, or Heritage Center's Total Fitness Pass. Ask at the Front Desk for details.

University of Utah Students

The University of Utah Exercise and Sports students will be at the Heritage Center every **Monday** and **Friday** at **12:30-2:00**.

The students teach a **BALANCE CLASS** at 12:30 that can help you improve your fitness levels and increase your endurance, balance, and stretching abilities.

They also offer 30-minute, one-on-one **PERSONAL TRAINING**. Sign up for this service in the exercise room.

This program has become one of our most popular classes as participants enjoy improving their fitness skills. These two classes are included with the Exercise Room fee.

Chakra Meditation

Barbara Battison will present in-depth information about how **CHAKRAS** and **MEDITATION** work. Learn about different ways to take responsibility for your own health. A portion of this class will be spent on meditation and how to activate and keep your chakras balanced.

The new eight-week session will begin **Monday, January 8** through **Monday, March 12** at **10:30-12:00**. The cost is **\$20** for the session or **\$3** per class.

Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun. This racquet sport is played on a 20' x 40' court that limits the amount of mobility required to play the game.

Play **PICKLEBALL** every **Monday** at **10:15-12:00** or **Thursday** at **9:00-11:00** in the dining room or the outdoor courts (weather permitting). If you are new to the sport, **INSTRUCTIONAL PLAY** is every **Thursday** at **8:00-9:00**.

Wendover

Travel to **WENDOVER** on **Thursday, January 11** and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$20** per person which includes transportation, bonus package from the casino, buffet lunch, and free bingo on the bus. Depart the Heritage Center at **8:30** and return at approximately **7:00**. [Register now.](#)

Next Wendover Trip: **Thursday, March 8**

Kingsbury Hall: All the Way Live!

Discover hip-hop elements through an interactive radio that's powered by you! **ALL THE WAY LIVE!** showcases the four artistic elements of Hip-Hop culture: Emcee, DJ, Break Dance and Graffiti Art, with a fifth element of Knowledge of Self added so that participants learn creativity, respect, understanding, cooperation, effort, and self-care. Using rhythm and rhyme, this show aims to tune participants to the frequency of positive thoughts and feelings.

The Center bus will leave at **9:00** on **Friday, January 12**. Cost is **\$5**. [Registration begins Friday, December 22.](#)

Tooele Breakfast

Once again our Center bus will be headed to the **TOOELE SENIOR CENTER** for the "Second Best Breakfast in Utah." The bus will depart the Center at **9:00** on **Wednesday, January 17** and return about noon.

Cost is **\$6** for transportation and breakfast. [Register now.](#)

Hardware Ranch

Enjoy lunch and a sleigh ride among the elk that winter at the **HARDWARE RANCH** (15 miles east of Hyrum).

The Center bus will depart at **9:30** on **Monday, January 29** and again on **Monday, February 5** and return about 4:00. Cost for the day is **\$15** which includes transportation, sleigh ride, and lunch. [Registration begins Friday, January 12.](#) Dress warm and wear winter shoes or boots.

Bus Trip Reminders

- Please park your car north of the light pole in our parking lot to free up space for the daily patrons of the Heritage Center.
- Please remember to bring your own water to enjoy on the trip.
- For Le Bus chartered bus trips, the trip escort will pass around a tip jar to collect tips for the driver. The standard tip is \$1 per person.

2018 Overnight Trips

We will be travelling to **TUACAHN** on **Monday, June 4** and returning on **Thursday, June 7**. This year's plays will be Rodgers & Hammerstein's *Cinderella* and Roald Dahl's *Matilda The Musical*. We will be staying at the CasaBlanca Resort and Casino in Mesquite, Nevada.

We have scheduled to attend the **SHAKE-SPEARE FESTIVAL** again this year. We will travel to Cedar City on **Monday, August 27** and return on **Wednesday, August 29**. The play selections have not been made yet.

Please watch our future newsletters for more detailed information.

LDS Church History Museum: Joseph Paul Vorst

The short life of **JOSEPH PAUL VORST** (1897-1947) reads like a proxy for the 20th Century. Raised in poverty in Germany, Vorst lived through two World Wars, struggled through the Great Depression, witnessed the rise of the Nazi Party in Europe, and experienced prejudice against German immigrants in America.

After fleeing Germany, he settled in St. Louis, Missouri. Vorst joined the Church of Jesus Christ of Latter-day Saints in 1924 and remained an engaged member until his death in 1947 at age 50. His works, while not overtly sacred in subject matter, repeatedly ask the viewer to approach the tragedies of war, deprivation, and natural catastrophe with Christ-like compassion, hope, and advocacy. His work is still being uncovered seventy years after his death. The LDS Church History Museum is proud to display some of his works.

The Center bus will depart at **10:00** on **Thursday, January 25**. On our way back to the Heritage Center, we will stop at Crown Burgers for lunch (on your own). Cost for the trip is **\$5**. [Registration begins Friday, January 5.](#)

JANUARY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED FOR NEW YEARS DAY	2 FRIED CHICKEN Potato Salad Caramelized Carrots Brownie	3 FRENCH ONION SOUP Steamed Veggies Side Salad Birthday Cake and Ice Cream 	4 HARD SHELL TACOS 3-Bean Salad Spanish Rice Churro	5 STUFFED PORK LOIN Brussel Sprouts Mashed Potatoes and Gravy Thumbprint Cookie
8 LITE LUNCH 11:00 - 12:30 Sandwich \$2 - \$4 Soup \$2 Salad \$2 - \$4	9 BRUNCH CAFÉ 11:00 - 12:30 	10 LASAGNA Side Salad Garlic Bread Spritz Cookie	11 BABY-BACK RIBS Baked Beans Green Beans Cornbread Tiramisu	12 CHICKEN STRIPS Mac 'n Cheese Roasted Veggies Parfait
<p>Lunch is served everyday between 11:30-12:30 Make your lunch selection and then pay the lunch cashier Sandwiches, soup, or salads available as alternatives Prices range from \$2-\$4 Tickets for Special Events need to be purchased in advance</p>				
15 CLOSED FOR MARTIN LUTHER KING, JR. DAY	16 CHICKEN ALFREDO Garlic Bread Steamed Veggies Cookie	17 PULLED PORK SANDWICH Fried Okra Green Beans Strawberry Shortcake	18 PARMESAN- CRUSTED TILAPIA WITH DILL SAUCE Sautéed Mushrooms Side Salad Lemon Square	19 CHICKEN ENCHILADA Refried Beans Rice Banana Pudding
22 LITE LUNCH 11:00 - 12:30 Sandwich \$2 - \$4 Soup \$2 Salad \$2 - \$4	23 PIZZA Side Salad Cheese Bread Carrot Cake	24 CHICKEN PARMESAN Garlic Pasta Fingerling Potatoes Chocolate Rum Cake	25 CHEESEBURGER Hand-Cut Fries Side Salad Cinnamon Roll	26 BALSAMIC- GLAZED SALMON Carrots Pasta Salad Fresh Fruit
29 LITE LUNCH 11:00 - 12:30 Sandwich \$2 - \$4 Soup \$2 Salad \$2 - \$4	30 SHRIMP TACOS Corn 'n Black Bean Salad Rice Peanut Butter Cookie	31 PHILLY CHEESE STEAK SANDWICH Tater Tots Broccoli Salad Apple Cobbler		